

8 Signs Therapy Might Help You



It's time to consider therapy. Whether it's referred to as psychotherapy, talk therapy, counselling, or just therapy, mental health counselling can bring relief to those dealing with emotional problems, life obstacles, and mental health issues.

Why See a Therapist?

Many mental health conditions have symptoms that can be effectively managed with therapy. People can learn coping mechanisms in therapy for symptoms that might not immediately improve with treatment.

Studies indicate that therapy's advantages outweigh those of medication alone. While therapy teaches people how to manage many symptoms on their own, medication can lessen some of the symptoms of mental health conditions. These abilities persist beyond treatment, and symptoms might still improve with follow-up visits with a therapist.

What is the Prevalence of Mental Health Issues?

Mental health problems are more common than you might think.

The National Institute of Mental Health and Neurosciences (NIMHANS) conducted a survey, which revealed that approximately 10.6% of Indian adults suffer from mental health disorders. This translates to 150 million people in need of active help.

Around 2.7% of Indians experience depression, with women reporting higher rates than men. Anxiety Disorders affect 3.1% of the population. Alcohol-related disorders affect approximately 4.6% of the adult population.

Severe mental disorders such as schizophrenia and bipolar affective disorder affect approximately 0.8% of the population.

India has one of the highest suicide rates worldwide. According to the WHO, India has a suicide rate of 16.5 per 100,000 people (as of 2020), with young adults being especially vulnerable.

According to studies, 10-15% of Indian children and adolescents suffer from mental health issues such as depression, anxiety, and attention-deficit/hyperactivity disorder (ADHD).

The challenges of addressing mental health include stigma and raising awareness.

Mental health stigma persists in India, resulting in underreporting and delayed treatment.

Untreated mental health conditions can worsen and have additional consequences. They might also result in an increased risk of suicide, strained relationships, decreased work or school performance, and physical health problems.

Who Needs Counselling?

Watching a loved one struggle with mental health issues can be challenging, but telling someone they need or want therapy can be confrontational or stigmatising.

It is usually a good idea to support someone you care about by encouraging them to research potential therapy options and even offering to help them evaluate potential therapists.

However, it may be difficult for people to put in the effort required to make a change if they feel pressured into therapy.

You may consider therapy when any emotional or mental health issue interferes with day-to-day functioning. Therapy lets you learn about your feelings, their causes, and coping mechanisms.

Therapy also provides a secure setting for discussing life issues like divorce, bereavement, [parenting challenges](#), or family issues. Couples counselling, for instance, can teach you and your partner new ways to relate to one another and help you resolve relationship issues.

You may find the [Hope Trust](#) platform helpful. We list several therapists and would be delighted to help you find the required help. Our website includes [licensed therapists who have undergone rigorous training and adhere to ethical guidelines](#). Get support from the comfort of your home with [online therapy](#). Get the help you need right now!

When Is It Time to Think About Therapy?

Before you decide that you are ready for therapy, please give it some thought. You should wait and see if anything you are having trouble with gets better with time, a change in lifestyle, or the help of friends and family.

According to our experts, you should think about scheduling a therapy session when something is upsetting and interfering with your life, especially when:

- You spend at least an hour a day thinking about or dealing with the problem
- The issue makes you feel embarrassed or want to avoid other people
- The problem has reduced your quality of life
- It has had a detrimental impact on your relationships, career, or education
- You have changed your life or formed coping mechanisms to deal with the issue

Therapy may help you lessen the effects of any of the following emotions or feelings if you experience them to the point where they interfere with your life. If you feel that your symptoms are controlling you or that they could endanger you or others, it's especially critical to think about when it's time to see a therapist.

Here are some potential indicators that you should consult a therapist. These signs may indicate that your mental health is not at its best and that professional help could be beneficial.

1. *Feeling overwhelmed.* You may feel you have too many tasks to complete or problems to manage. You may feel as though you are unable to breathe or even rest. Feeling overburdened and under stress can cause significant physical health issues.
2. This physical symptom frequently follows or is caused by mental health problems. It might be a sign of depression. You may sleep longer than usual or find it difficult to get out of bed in the morning due to fatigue.
3. *Anger or bitterness.* Anger is a common emotion. Even a moment of anger is not always wrong. When these emotions do not go away, are out of proportion to the circumstances, or cause you to act violently or in a way that could be harmful, it might be wise to seek help to deal with them.
4. *Agoraphobia.* Agoraphobics are afraid of situations where they could have panic attacks or get stuck. It might become impossible for some people to leave their homes.
5. While occasional worry is normal, therapy can help you cope with worry that consumes a large portion of your day or results in physical symptoms.
6. Mental health conditions like depression or anxiety may be indicated by a loss of interest in routine activities, the outside world, or life in general.
7. Feeling as though you have no future or losing motivation or hope can be signs of depression or another mental health illness. It is expected to feel hopeless occasionally, particularly following a challenging time. However, if it continues, it could result in suicidal thoughts.
8. *Social withdrawal.* Many people feel better when they can spend at least some time alone. Introverts might require even more solitude than others. However, therapy can

assist you in understanding and managing your feelings of distress or fear when you are around other people.

What Happens If You've Tried Therapy Before and It Was Ineffective?

Therapy does not always “work” right away. Even with the best therapy, symptoms may not go away immediately. It may take long – months or years. It can be frustrating to attend therapy and not see any improvement. Keep looking for assistance if you have yet to find the right therapist. Therapy should still be an option if any of the symptoms above are still present. Continue working to enhance your mental well-being.

Finding a therapist who treats what you are going through can be beneficial. You can discuss your symptoms with therapists if you have not been diagnosed. Most therapists will inform you if they can address your concerns. They could suggest someone who can help if they cannot.

What are the Advantages of Seeking Therapy?

If you're considering therapy, you might think about potential disadvantages, such as the cost. You may also know that therapy can be challenging. It can be frightening to think about and talk about trauma or other traumatic experiences from the past. Therapy is not always an immediate cure; overcoming obstacles is not always straightforward. Ensure you are honest with yourself and your therapist when the time comes.

However, therapy can be fulfilling if you are prepared to put in the effort. In this judgment-free, safe environment, you can share anything with a qualified professional available to assist you.

The following are some advantages of therapy:

- *You'll gain more self-awareness.* Therapists hear your story and assist you in connecting with others. If you are feeling lost, they may be able to provide directions or suggestions. You will be able to act independently through therapy.

- *Therapy helps you reach your objectives.* Therapy can assist you in defining your goals and creating attainable plans to achieve them if you are unsure.
- *You can have more satisfying relationships with the aid of therapy.* Therapy helps you deal with issues related to other people, like relationship insecurity or trouble trusting your partners, whether single or in a relationship.
- *Your chances of being healthier are higher.* Research supports the connection between mental and physical health. Untreated mental health conditions can impact physical wellness. However, those who are emotionally well might be better equipped to manage any physical health problems that may come up.
- *Therapy can improve every aspect of life.* It helps you address any issues that you feel are preventing you from living as you have imagined. If you're unsure what's stopping you from changing, therapy can help you figure it out.